

2<sup>nd</sup> November 2011

Dr Andrew Tatarsky

**Integrative Harm Reduction Psychotherapy: Theory and Technique**

10.00am – 5.00pm

Radisson Blu Royal Hotel, Dublin

As part of the National Drugs Conference of Ireland 2011 we are pleased to announce a workshop will be delivered by Dr. Andrew Tatarsky Phd.

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This workshop will introduce Dr. Andrew Tatarsky's Integrative Harm Reduction Psychotherapy (IHRP) described in his book, *Harm Reduction Psychotherapy: A New Treatment for Drug and Alcohol Problems*, and a series of recent papers.

The addictive behavior field is in the midst of a scientific revolution in the understanding and treatment of these problems. An accumulation of evidence supports the complex psychobiosocial view that these behaviors reflect an interplay of biology, personal and interpersonal meaning, habit and social context that is unique to each individual. This model suggests that the concept of harm reduction is essential to the effective treatment of substance misuse and other risky and addictive behavior.

IHRP is an alternative approach to traditional "abstinence-only" treatment of addictive behavior that applies harm reduction principles to psychotherapy. It emphasizes the therapeutic alliance and relationship as the necessary context in which exploration of the multiple meanings and functions of addictive behavior and active strategizing for positive behavior change can take place. Addictive behavior and related co-occurring issues are addressed concurrently in treatment. IHRP facilitates the delivery of other harm reduction interventions such as syringe exchange and substitution treatment and clinical decision-making about goals and strategies for positive change. IHRP draws on the wisdom of the psychoanalytic, cognitive-behavioral, humanistic and Mindfulness traditions. IHRP has strong evidence based support for each of its central elements.



Dr. Tatarsky will define the harm reduction model, discuss its history and evolution and present its epidemiological and clinical rationales. The Psychobiosocial, Multiple Meanings and Stages of Change models will be discussed in relation to addiction and positive change. IHRP's seven therapeutic tasks and specific techniques will be described: 1) managing the therapeutic alliance, 2) therapeutic relationship as healing agent, 3) developing self-management skills for "urge-surfing", 4) assessment as treatment, 5) embracing ambivalence as motivational intervention, 6) harm reduction goal setting and 7) active strategies for positive change.

Skills and strategies will be demonstrated and participants will have opportunities to practice them with role-play exercises. Participants are encouraged to bring case material and clinical challenges for discussion.

Dr. Andrew Tatarsky has specialized in the field of substance use treatment for individuals, group, couples and families for 30 years as a psychologist, supervisor, program director, lecturer and author. He holds a doctorate in clinical psychology from the City University of New York and is a candidate in New York University's post-doctoral program. He is the Co-Director of Harm Reduction Psychotherapy and Training Associates, a treatment and training institute.

Dr. Tatarsky is a founding board member and the Division on Addictions of New York State Psychological Association, Chairman of Moderation Management Network, a founding board member of the Association for Harm Reduction Therapy and Chairman of Mental Health Professionals in Harm Reduction. His book, *Harm Reduction Psychotherapy: A New Treatment for Drug and Alcohol Problems* has been published in the United States, Chile and Poland. Dr. Tatarsky is in private practice in New York City. He trains nationally and internationally.



## Publications

- Kellogg, S.H. & Tatarsky, A.(2010). [The Addiction Treatment Roundtable: A Clinical Wisdom Study](#). Journal of Social Work Practice in the Addictions, 10:3, 339-341.
- Tatarsky, A. & Kellogg, S.H. [Integrative Harm Reduction Psychotherapy: A Case of Substance Use, Multiple Trauma, and Suicidality](#). Journal of Clinical Psychology: In Session, Vol. 66 (10), pp.123-135.
- Tatarsky, A. & Marlatt, G.A. (2010). [State of the Art in Harm Reduction Psychotherapy: An Emerging Treatment for Substance Misuse](#). Journal of Clinical Psychology: In Session, Vol. 66 (10), pp.117-122.
- Tatarsky, A. (2010). Developing your healthiest relationship to marijuana: A harm reduction approach. In: Holland, J. The Pot Book. A Comprehensive Look at the Risks and Benefits of Cannabis. Rochester, VT, Inner Traditions.
- Tatarsky, A. (Summer, 2008). [Addiction, meaning and understanding](#). Psych-e-News, Magazine from the New York State Psychological Association, Division of Psychoanalysis, Issue #2.
- Kellogg, S.H. & Tatarsky, A. (In press). [Harm reduction psychotherapy. Encyclopedia of substance abuse prevention, treatment and recovery](#). Thousand Oaks CA.: Sage Publications.
- Tatarsky, A. [Harm reduction psychotherapy: Extending the reach of traditional substance use treatment](#). (2003). *Journal of Substance Abuse Treatment*. Vol. 25, pp. 249-256.
- Tatarsky, A. (Ed.). (2002). [Harm Reduction Psychotherapy: A New Treatment for Drug and Alcohol Users](#). Northvale, N.J., Aronson.
- Tatarsky, A. (1998). An integrative approach to harm reduction psychotherapy: A case of problem drinking secondary to depression. *In Session: Psychotherapy in Practice*. Vol. 4/ 2, pp. 16-29.
- Tatarsky, A. (Winter-1998). Harm Reduction in Clinical Practice. *The Addiction Newsletter of Division 50, The American Psychological Association*, pp. 2-4.
- Tatarsky, A. (Spring-1996). Harm Reduction and Clinical Psychology are a Good Fit. *The Harm Reduction Communication*.
- Tatarsky, A. & Washton, A.M. (1992). Intensive outpatient treatment: a psychological perspective. In: Wallace, B. (Ed.) *The Chemically Dependent: Phases of Treatment and Recovery*. New York, Brunner/Mazel.
- Washton, A.M. & Tatarsky, A. (1983). Adverse effects of cocaine abuse. In: *Problems of Drug Dependence, NIDA Research Monograph #41*, U.S. Printing Office, Washington, D.C.



Dr Andrew Tatarsky Phd.

Integrative Harm Reduction Psychotherapy: Theory and Technique

Workshop 2<sup>nd</sup> November 2011

Name \_\_\_\_\_

Address \_\_\_\_\_

\_\_\_\_\_

Tel \_\_\_\_\_ Email \_\_\_\_\_

Organisation \_\_\_\_\_

- Reservations will be made on receipt of workshop fee

Workshop fee

€100.00 (if attending conference)

€130.00 (if not attending conference)

**Includes**

- **Tea. Coffee and light lunch**

**LIMITED SPACE 25 people**

**Please make cheque payable to : *Irish Needle Exchange Forum***

**Postal address:**

*Tim Bingham*

*Irish Needle Exchange Forum*

*Tullaha , Glenflesk*

*Killarney Co Kerry*

**Further details please email [tim@inef.ie](mailto:tim@inef.ie)**

